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## CALIFORNIA STATE DEPARTMENT OF PUBLIC HEALTH

WALTER M. DICKIE, M.D., Director University of California

## Weekly Bulletin



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GUY P. JONES  
EDITOR

## How to Save a Life from Drowning



With the advent of the summer season and an increase of week-end outings, it is once again called to the attention of the public that everyone should know how to save a life from drowning. One never knows when he will be faced with such an emergency and he should be ready for it.

The rules are simple and if followed in rhythmic precision as shown below it should be possible to restore breathing, provided no time is wasted.

No elaborate equipment is needed to save a life from drowning; all that is necessary is to know the "prone pressure method" and act immediately. This method is simple to learn, easy to apply and will not unduly tax the strength of the rescuer if he happens to be alone.

On removal from the water, patient should be placed stomach down on a flat surface, quickly opening the mouth to remove any foreign substance which might obstruct breathing—but not wasting any time in such preliminaries, as every moment is precious. One arm of the patient should be bent at the elbow letting the head rest on this with face side-wise so that water may be dispelled from the lungs; the other arm should be stretched full length above.

Rescue measures should begin at once and continue rhythmically until natural breathing is established. This may take four or more hours. The procedure is as follows:

First—Kneel, and straddle the patient below the hips, placing hands on small of the back with fingers over the lowest ribs, tips of fingers just out of sight.

Second—With arms straight, while counting one, two, swing forward bearing weight on body firmly but not violently.

Third—Swing backwards while counting one, straightening up and thus relieving pressure—this allows air to be drawn into the lungs.

Fourth—Rest in this position for two counts.

Fifth—Repeat these movements rhythmically, forward and backward, without interruption, about twelve to fifteen a minute, until natural breathing is restored.

Sixth—Meanwhile, if assistance is at hand, a physician should be sent for, patient's tight clothing should be loosened at neck, chest or waist, and patient should be kept warm.

Patient should not be moved from this spot until he is breathing normally and then should not be allowed to get up but should be carried in a lying position to a place where he can be kept warm and receive expert medical attention.

### PSITTACOSIS CONTROL

In southern California 57 shell parakeet aviaries were inspected and 200 interstate shipments checked and approved. These shipments involved 2479 shell parakeets and 194 larger psittacine birds.

### USE SAFE METHOD IN HOME CANNING

At this season of the year many housewives are planning to engage in home canning activities. With the maturing of asparagus, peas, corn, beans and other vegetables there is a desire to pack surplus quantities for consumption during the coming winter. The idea of conservation is most commendable, but faulty methods used in practicing this form of conservation very often result in terrific losses, including loss of life. It is far cheaper to follow the recommended procedures in home canning than to risk the contraction of botulism, a highly fatal disease that is more often due to eating home-canned vegetables, improperly processed, than to any other cause.

Commercially packed products, in California, are thoroughly safe for consumption because they are packed under state regulation, cooked for definite periods of time and at definite temperatures. Housewives may pack equally wholesome products if they have the necessary equipment, steam pressure sterilizers, and use them in accordance with the prescribed rules.

It is not safe to eat home canned vegetables that have not been cooked under steam pressure and for periods of time that correspond with the density of the product and the size of the container within which the food product is packed. Failure to follow the prescribed procedure, as outlined in a University of California publication, quoted below, may result in needless suffering and possible death.

During 1934, in California, there were 6 cases of botulism with 6 deaths reported. In 1935 there were 20 reported cases with 7 deaths. In 1936 there were 7 cases with 6 deaths, and in 1937, 12 cases with 7 deaths.

	Cases	Deaths
1934-----	6	6
1935-----	20	7
1936-----	7	6
1937-----	12	7
	45	26

None of these cases was due to the use of commercially canned products. All of them were traced to the use of home preserved products which were not properly sterilized in the process of packing.

Home demonstration bulletin (H. D. 417) from the College of Agriculture, University of California, Berkeley, and Circular 276, Home Canning, from the Agricultural Experiment Station, College of Agriculture, Berkeley, give full details on proper methods of home canning. The first mentioned bulletin states:

"Sterilization or processing is the use of heat in some form to kill organisms that cause spoilage

in food. There are three methods of processing or sterilizing:

1. Non-acid vegetables and meats are processed at a temperature sufficient to kill bacteria, i.e., in steam under pressure.
2. Fruits and tomatoes (acid vegetable) are processed at the temperature of boiling water or live steam (212° Farenheit).
3. Fruit or tomato juices are pasteurized, i.e., heated for 30 minutes at a temperature of 175°-180° Farenheit."

Housewives who contemplate the home canning of vegetables or meats should not fail to follow the instructions, making use of steam pressure sterilizers. Failure to apply the required specifications may result in disaster. The success of commercial canners, in putting out thoroughly wholesome products, is due largely to their application of intense heat for periods of time sufficient to sterilize their products in the packing process.

### FREE TRANSPORTATION TO ISLANDS FOR FILIPINOS

Many health officers in California will be interested in the offer made by the Federal Government to provide free transportation to the Islands for all Filipinos who were born in the Philippines who were living in the United States on July 10, 1935, and who are not citizens of the country. The California State Department of Public Health is interested because of the opportunity provided to return Filipinos who may suffer from tuberculosis.

The District Commissioner of Immigration and Naturalization calls attention to the fact that the offer of free transportation to the Philippine Islands under the Filipino Repatriation Act expires at the end of this year. It is, therefore, important that any Filipino who desires to take advantage of this privilege file his application with the Immigration and Naturalization Service as soon as possible. Applications can not be accepted after November 30, 1938.

Information and application blanks may be secured in person or by mail at the following offices of the Immigration and Naturalization Service in this district, or at any office of the United States Immigration and Naturalization Service:

503 Custom House, Washington and Battery streets, San Francisco.

New Post Office Building, Oakland, Calif.

Post Office Building, Sacramento, Calif.

Mattei Building, Fresno, Calif.

Post Office Building, Reno, Nevada.

"The preservation of national vigor should be a matter of patriotism."—Theodore Roosevelt.

**COMMUNICABLE DISEASES DURING MAY**

The following table represents the incidence of reportable diseases during the month of May, 1936, 1937 and 1938. There were four weeks in that month during each of the years.

Disease	May 1938	May 1937	May 1936
Actinomycosis			3
Anthrax			
Beriberi			
Botulism	2	1	
Chancroid	21		
Chickenpox	3685	4310	2090
Cholera			
Coccidioidal Granuloma	3	2	3
Dengue			
Diphtheria	103	160	121
Dysentery (Amoebic)	11	14	12
Dysentery (Bacillary)	14	28	21
Encephalitis (Epidemic)	2	4	1
Erysipelas	49	83	96
Food Poisoning	132	126	60
German Measles	211	169	1582
Glanders			
Gonococcus Infection	1303	1169	822
Hookworm			2
Influenza	176	231	2132
Jaundice (Epidemic)	3	2	
Leprosy	1	1	1
Lymphopathia Venereum	4		
Malaria	14	15	15
Measles	3705	1267	8002
Meningitis (Epidemic)	16	18	23
Mumps	2731	2967	2584
Ophthalmia Neonatorum	2	2	2
Paratyphoid Fever	4	5	3
Pellagra	13	16	12
Plague			
Pneumonia (Lobar)	184	294	262
Poliomyelitis	7	16	17
Psittacosis	1		
Rabies (Human)	1		
Rabies (Animal)	164	227	71
Relapsing Fever			
Rocky Mountain Spotted Fever		2	1
Scarlet Fever	858	827	1261
Septic Sore Throat	11	12	15
Smallpox	205	115	7
Syphilis	2144	1060	868
Tetanus	4	4	10
Trachoma	49	9	296
Trichinosis	1	2	2
Tuberculosis	632	727	704
Tularemia		1	3
Typhoid Fever	47	24	53
Typhus Fever	1	3	
Undulant Fever	18	11	14
Whooping Cough	2167	2505	1775
Yaws			
Yellow Fever			
Totals	18,699	16,429	22,946

**NEW HEALTH OFFICERS APPOINTED**

Dr. Paul Schriber has been appointed city health officer of Atwater in Merced County, succeeding Dr. C. C. Fitzgibbon.

The city of Palm Springs in Riverside County was incorporated April 20, 1938. The administration of its public health is under the direction of Dr. W. A. Jones, county health officer, Riverside.

**SMALLPOX A NEEDLESS THREAT**

The editor of an inland newspaper commented recently, editorially, upon the needless threat of smallpox to the peace and prosperity of the community. Quoting a local physician, he stated that smallpox in a single rural community had cost more than \$30,000, most of which expense has been shouldered by the county. His comments follow:

"This figure represents a real expense, and a needless one, to the taxpayers. It accrues through hospitalization, isolation, and immunization of persons who have contracted the disease or have been exposed to it. Loss of working hours, relief which is necessary when the disease incapacitates the bread winner of a family, and measures to better sanitation add to the cost."

"There is but one way to insure the individual against the disease and that is by vaccination. It is inexpensive and in most cases causes the individual little physical discomfort."

"Certainly it is a small price to pay for insurance against a disease which is not only disagreeable, but one which may leave a person scarred for life. So far no virulent cases have been reported and no deaths have occurred, but smallpox fatalities are not rare in medical history. Moreover, the individual who has the disease may be left weakened for life in some vital organ."

**ANOTHER HUMAN RABIES DEATH**

A human case of rabies in Fresno County was investigated recently by the Bureau of Epidemiology. The patient, a man aged 47, while fishing February 27th took fancy to a small stray dog. He paid a small boy to catch the dog for him, the boy and the boy's father being bitten in the process. The dog also bit the patient on the hand, drawing blood. On the trip home the animal escaped and no further history was obtainable. No prophylactic treatment was received by any of those bitten.

On May 6th pain developed at the site of the bite and by the next day the patient was definitely ill. He was hospitalized at 8 a.m., May 8th and expired with symptoms typical of rabies at 5 p.m., May 9th. The incubation period was 68 days. Following positive diagnosis of the case, those bitten were located and advised to have Pasteur treatment administered.

**MORBIDITY**

Complete Reports for Following Diseases for Week Ending June 4, 1938

**Chickenpox**

702 cases: Alameda County 6, Alameda 2, Albany 8, Berkeley 28, Livermore 1, Oakland 52, Piedmont 4, Chico 2, Contra Costa County 18, Fresno County 2, Fresno 8, Selma 1, Willows 3, Imperial County 8, Brawley 2, Inyo County 1, Kern County 18, Delano 2, Taft 1, Los Angeles County 48, Alhambra 20, Burbank 12, Glendale 15, Inglewood 6, Long Beach 15, Los Angeles 54, Manhattan 1, Monrovia 11, Montebello 2, Pasadena 10, Pomona 2, San Marino 2, Santa Monica 2, South Pasadena 2,

Torrance 1, Lynwood 1, South Gate 1, Monterey Park 1, Madera County 4, Madera 1, Atwater 2, Monterey County 1, King City 3, Monterey 4, Orange County 4, Anaheim 3, Fullerton 2, Newport Beach 4, Santa Ana 21, Seal Beach 4, Laguna Beach 4, Tustin 1, Auburn 3, Riverside County 4, Banning 8, Riverside 5, Sacramento 11, North Sacramento 3, San Bernardino County 1, Ontario 5, Redlands 5, San Diego County 4, Coronado 4, Escondido 2, National City 2, San Diego 28, San Francisco 43, San Joaquin County 54, Stockton 22, San Luis Obispo 2, Daly City 6, Santa Barbara County 8, Santa Barbara 12, Santa Maria 4, Gilroy 1, Mountain View 2, San Jose 1, Watsonville 1, Yreka 2, Fairfield 1, Vallejo 1, Sonoma County 4, Stanislaus County 1, Modesto 2, Turlock 4, Dinuba 1, Lindsay 1, Porterville 1, Ventura County 2, Oxnard 2, Santa Paula 4, Ventura 1, Ojai 2, Yolo County 2.

#### Diphtheria

37 cases: Emeryville 1, Oakland 2, Fresno County 2, Los Angeles County 4, Los Angeles 12, Pomona 1, Monterey 5, Corona 1, San Bernardino 1, San Diego 5, San Francisco 3.

#### German Measles

28 cases: Berkeley 5, Oakland 1, Richmond 1, Los Angeles County 2, Claremont 2, Huntington Park 1, Long Beach 1, Los Angeles 3, South Gate 1, Gardena 1, San Rafael 1, Anaheim 1, Huntington Beach 1, San Diego County 1, San Diego 1, San Francisco 3, Sonora 1, Ventura County 1.

#### Influenza

13 cases: Oakland 1, Fresno County 2, Los Angeles County 1, Los Angeles 3, Santa Ana 1, San Francisco 1, San Joaquin County 1, Lodi 1, San Mateo 1, Santa Rosa 1.

#### Malaria

One case: San Diego County.

#### Measles

836 cases: Berkeley 1, Oakland 6, Chico 1, Contra Costa County 2, Crescent City 1, El Dorado County 22, Fresno County 3, Fresno 11, Willows 10, Imperial County 29, Brawley 3, Calexico 2, Kern County 46, Bakersfield 3, Hanford 13, Susanville 1, Los Angeles County 22, Alhambra 1, Burbank 3, Claremont 4, Culver City 1, Glendale 6, Huntington Park 1, Long Beach 11, Los Angeles 54, Pasadena 8, Pomona 16, San Fernando 1, Santa Monica 1, Monterey Park 1, Signal Hill 2, Madera County 33, Madera 11, Sausalito 1, Merced County 3, Atwater 1, King City 1, Orange County 35, Alameda 2, Fullerton 1, Huntington Beach 2, Newport Beach 7, Orange 14, Santa Ana 96, Laguna Beach 10, Placentia 4, Tustin 5, Riverside County 5, Corona 1, Riverside 17, Sacramento County 2, Sacramento 34, San Bernardino County 9, Redlands 4, San Bernardino 4, San Diego County 11, National City 3, San Diego 93, San Francisco 3, San Joaquin County 10, Lodi 8, Manteca 1, Stockton 7, San Luis Obispo County 14, San Luis Obispo 1, Santa Barbara County 10, Santa Barbara 1, Santa Maria 2, Petaluma 1, Stanislaus County 4, Modesto 5, Newman 4, Tehama County 4, Corning 4, Dinuba 1, Ventura County 19, Fillmore 1, Oxnard 18, Ojai 9, Yolo County 7, Davis 2, Woodland 1, Yuba County 4.

#### Mumps

572 cases: Alameda County 4, Alameda 45, Berkeley 2, Hayward 1, Oakland 48, Piedmont 2, San Leandro 1, Contra Costa County 11, Martinez 1, Walnut Creek 1, Fresno County 42, Fresno 28, Reedley 1, Sanger 21, Kern County 16, Lake County 2, Los Angeles County 23, Alhambra 2, El Monte 1, El Segundo 1, Glendale 1, Huntington Park 1, Inglewood 1, La Verne 3, Long Beach 20, Los Angeles 19, Monrovia 7, Pomona 14, San Fernando 2, Santa Monica 12, South Pasadena 1, South Gate 1, Maywood 1, Madera County 3, Madera 4, Marin County 2, San Anselmo 6, Gustine 3, Monterey County 1, Salinas 1, Napa County 3, Napa 1, Orange County 9, Anaheim 1, Orange 1, Santa Ana 4, Sacramento County 2, Sacramento 28, North Sacramento 2, San Bernardino County 1, Ontario 1, San Diego County 7, Escondido 2, National City 1, San Diego 12, San Francisco 32, San Joaquin County 6, Manteca 1, Stockton 8, San Luis Obispo County 5, San Luis Obispo 2, San Mateo County 7, Daly City 6, Santa Barbara County 2, Santa Clara County 11, San Jose 22, Sonoma County 3, Modesto 10, Turlock 4, Sutter County 1, Dinuba 18, Visalia 1, Ventura 1, Davis 1.

#### Pneumonia (Lobar)

58 cases: Oakland 2, Fresno County 1, Los Angeles County 8, Alhambra 2, Burbank 1, Glendale 1, Los Angeles 8, Monrovia 1, Montebello 1, Redondo 1, San Gabriel 1, Santa Monica 1, South Gate 2, Orange 1, Santa Ana 1, Auburn 1, Sacramento County 2, Sacramento 8, San Bernardino County 1, Redlands 1, San Diego 1, San Francisco 7, San Joaquin County 2, Stockton 3.

#### Scarlet Fever

165 cases: Berkeley 1, Oakland 6, Piedmont 1, Pittsburg 1, Richmond 1, Fresno County 2, Fresno 2, Willows 3, Imperial County 1, Brawley 1, Calexico 1, Kern County 11, Bakersfield 2, Hanford 1, Lake County 4, Los Angeles County 24, Alhambra 3, Burbank 1, El Monte 1, Glendale 1, Long Beach 3, Los Angeles 29, Monrovia 1, Pasadena 2, Santa Monica 1, Torrance 2, Monterey Park 2, Madera 1, Monterey County 1, Monterey 1, Napa County 1, Orange County 1, Newport Beach 1, Santa Ana 1, La Habra 1, Riverside County 1, San Bernardino County 3, San Bernardino 2, San Diego County 1, San Francisco 14, San

Joaquin County 2, Lodi 1, Tracy 2, San Luis Obispo County 2, San Mateo County 1, San Bruno 1, Atherton 1, Lompoc 1, Santa Barbara 1, Santa Clara County 1, Mountain View 1, San Jose 1, Santa Rosa 3, Stanislaus County 1, Modesto 2, Tulare 1, Tuolumne County 2, Ventura County 2, Santa Paula 1, Winters 1.

#### Smallpox

21 cases: Kern County 7, Bakersfield 3, Atwater 1, Salinas 1, Riverside County 1, Santa Clara County 2, San Jose 1, Stanislaus County 2, Tulare County 1, California 1.\*

#### Typhoid Fever

7 cases: Imperial County 1, Brawley 1, Calexico 1, Kern County 1, Los Angeles 1, San Bernardino 1, California 1.\*

#### Whooping Cough

463 cases: Alameda County 6, Alameda 18, Berkeley 6, Emeryville 1, Livermore 1, Oakland 26, Piedmont 2, San Leandro 5, Contra Costa County 6, Fresno County 4, Fresno 10, Humboldt County 7, Inyo County 1, Kern County 5, Bakersfield 1, Delano 1, Taft 1, Los Angeles County 30, Alhambra 5, Burbank 1, Glendale 2, Huntington Park 4, Long Beach 7, Los Angeles 32, Pasadena 1, Pomona 6, Santa Monica 1, Torrance 1, Lynwood 2, South Gate 5, San Anselmo 5, San Rafael 7, Merced County 3, Gustine 1, Grass Valley 5, Orange County 5, Laguna Beach 2, Colfax 1, Riverside County 1, Banning 1, Corona 5, Sacramento County 18, Sacramento 6, North Sacramento 2, Ontario 1, San Diego County 9, Chula Vista 7, Oceanside 1, San Diego 22, San Francisco 29, San Joaquin County 15, Lodi 1, Stockton 14, San Luis Obispo 1, San Mateo County 3, Burlingame 1, Daly City 1, Santa Barbara County 2, Santa Clara County 12, Gilroy 4, Palo Alto 3, San Jose 13, Watsonville 2, Sonoma County 3, Petaluma 2, Stanislaus County 35, Turlock 1, Dinuba 3, Tuolumne County 7, Sonora 1, Ventura County 2, Yolo County 4, Winters 2, Woodland 2.

#### Meningitis (Epidemic)

2 cases: Los Angeles.

#### Dysentery (Amoebic)

2 cases: Ontario.

#### Pellagra

8 cases: Oakland 1, Imperial County 4, Los Angeles 2, San Joaquin County 1.

#### Poliomyelitis

2 cases: Belmont 1, Sonoma County 1.

#### Tetanus

One case: Los Angeles.

#### Trachoma

5 cases: Bakersfield 1, Los Angeles County 1, Madera County 1, Riverside County 2.

#### Paratyphoid Fever

3 cases: Los Angeles County 2, San Joaquin County 1.

#### Rocky Mountain Spotted Fever

3 cases: Lassen County.

#### Jaundice (Epidemic)

7 cases: San Joaquin County.

#### Food Poisoning

18 cases: Oakland 9, Fresno 7, Grass Valley 2.

#### Undulant Fever

5 cases: Kern County 1, Los Angeles 1, San Bernardino County 2, Visalia 1.

#### Coccidioidal Granuloma

One case: Kern County.

#### Septic Sore Throat

2 cases: Riverside County 1, Riverside 1.

#### Rabies (Animal)

25 cases: Oakland 1, Imperial County 2, Los Angeles County 7, El Monte 1, Long Beach 1, Los Angeles 6, Lynwood 1, San Diego County 1, San Diego 1, San Jose 2, Stanislaus County 1, Porterville 1.

\* Cases charged to "California" represent patients ill before entering the state or those who contracted their illness traveling about the state throughout the incubation period of the disease. These cases are not chargeable to any one locality.

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